



Prophet Muhammad ﷺ's (ﷺ) Nighttime Routine: Recommended Surahs for Sleep and Protection

Description

Bismillahi Wal Hamdullillah Was Salaatu Was Salaamu â€ˆ Alaa Rasoolillahi

Ammaa Baâ€ˆ d:

Upon the authority of Irbaadh ibn Saariyah â€ˆ Radhiyallahu â€ˆ Anhu â€ˆ that *The prophet did not used to sleep until he recited theâ€ˆ Musabihaatâ€ˆ* (A reference to the surahs that begin with â€ˆ Sabbaha lillah..â€ˆ or â€ˆ Yusabihu Lillah..â€ˆ or â€ˆ Subhaan..â€ˆ or â€ˆ Sabihiâ€ˆ !â€ˆ and they are seven surahs: Suratul Israa, Suratul Hadeed, Suratul Hasr, Suratus Saff, Suratul Jumuâ€ˆ ahâ€ˆ , â€ˆ Suratut Taghaabun, Suratul Aâ€ˆ laa) and he used to say â€ˆ **In them is an Ayah that is better than a thousand verses!**â€ˆ

(Collected by At Tirmidhi (3406) and declared â€ˆ Hasanâ€ˆ By Shaikh Al Albaani â€ˆ Rahimahullah)

Upon the authority of Naufal Al Ashjaâ€ˆ i â€ˆ Radhiyallahu â€ˆ Anhu â€ˆ who said that the prophet â€ˆ Sallallahu â€ˆ alahi was Salaam â€ˆ said to Naufal: â€ˆ **Read â€ˆ Qul Yaa Aiyuhal Kaafiroonâ€ˆ then sleep when you have completed it for indeed it is a safeguard and freedom from shirkâ€ˆ**

(Collected by Abu Daawood(5055) and declared Saheeh by sheikh Al Albaani)

Upon the authority of Aisha رضي الله عنها Radhiyallahu عنه anhaa رضي الله عنها who said: قالت The prophet صلى الله عليه وسلم Sallallahu alaihi wa Salam did not used to sleep until he recited: (Suratut) Az Zumar and (Surat)Bani Israa^ة رضي الله عنهم eel (i.e Suratul Israa)

(Collected by At Tirmidhi (3405) and declared صحيح Saheeh^ة By Shaikh Al Albaani رحمه الله Rahimahullah)

Wallahu ta^ع alaa A^ل lam

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